

HEALTHY SNACKS RECIPE, PRESENTATION CONTEST AND SKILL-A-THON

Superintendents:

Rita Law-McCumber, Extension Agent, Seminole County

Christy Walter, Extension Agent, Osceola County

Saturday, March 12, 2005

10:00 a.m. - 1:30 p.m.

Awards Ceremony: 2:30 pm

RULES

1. Submit a recipe in your age category by completing the recipe form and answering ALL questions that it contains.
2. Demonstrate (Juniors & Intermediates) or Talk (Seniors) about your selection at the Fair.
3. All participants must participate in the skill-a-thon portion of the Healthy Snack contest in order to be eligible for premiums.
4. Individuals eligible are all 4-H Members and the general public following 4-H guidelines. Limit one entry per person.

Age Divisions:

JUNIORS	8 -10 years of age as of Sept. 1, 2004
INTERMEDIATES	11-12 years of age as of Sept. 1, 2004
SENIORS	13 years of age or older as of Sept. 1, 2004

Categories:

JUNIORS	Healthy Drink Recipe & Demonstration
INTERMEDIATES	Healthy Cookie Recipe & Demonstration
SENIORS	Healthy Muffin Recipe, Nutrition exhibit & Talk

Entry form: Download a recipe form from the following website:

<http://www.seminolecountyfl.gov/lls/coopext/4h.asp>. Then go to Central Florida Fair Healthy Snack Contest. The site will be available after January 1, 2005. *Mail the recipe form to Seminole County Cooperative Extension office postmarked by February 11, 2005.*

Selection of recipes will be based on:

1. Flavor appeal - Consideration will be given to recipes for tasty, nutritious, healthy food.
2. Your statement or explanation of nutritious content.
3. Legibility of recipe form hand written by participant.

Juniors and intermediates selected will demonstrate the making of your healthy snack at the fair. Seniors will give an illustrated talk and create a poster exhibit for display at the fair.

Presentation Guidelines:

JUNIORS & INTERMEDIATES 3-12 minutes demonstration of your recipe

SENIORS 5-12 minutes illustrated talk showing your recipe product

Judging will be based on *taste* and *4-H demonstration & illustrated talks score card*.

Exhibit Guidelines (for Seniors Only): Due in the Food Arts & Sciences Exhibit Building at the Fair on **February 26, 2005** between 10 am and 5 pm.

Mount on foam core (20" x 30") with a stand.

The creative display **MUST** include:

1. Recipe
2. Photo of your food
3. Nutrition breakdown of recipe should include amounts of:
Serving size, yield, calories, fat, saturated fat, sodium, carbohydrate, fiber and protein.

Scoring will be based on these specific guidelines.

Presentation time on March 12, 2005 (You will be notified of your approximate time)

SENIORS 10:00 - 11:15p.m.

JUNIORS 11:15 - 12:00 p.m.

INTERMEDIATES 12:00 - 1:15 p.m.

SKILL-A-THON: This is a mandatory exercise; the score will be incorporated into the participants Healthy Snack score. Activities at skill stations will be age appropriate and will increase in difficulty with each age division. It is the responsibility of the participant to register for the skill-a-thon in the Food Arts & Sciences Exhibit Building. All age divisions of the skill-a-thon will be open to participants from 10:00 am until 1:00 pm. All skill-a-thons **MUST** be completed by 1:00 pm.

Contact your local 4-H office for study guide information.

There will be three skill stations for youth to compete:

Station 1: Food Safety

Station 2: Nutrition

Station 3: Food Preparation

Awards: In each age division:

1st place - \$50.00 + rosette

2nd place- \$40.00 + rosette

3rd place- \$30.00 + rosette

All entries receive a ribbon.

Exhibits will receive additional award (seniors only)

1st place - \$12.00 + rosette

2nd place- \$10.00 + rosette

3rd place- \$ 8.00 + rosette

All exhibits receive a ribbon and \$5.00